



Celebration Of Teachers Day

At Joyjeet Das Memorial School At Legal Aid Service Centre



Rotary Club of Calcutta Victoria celebrated Teachers Day at Joyjeet Das Memorial School on 5th September 2023 at 10 A.M.

After the members had reached the school Sarah Macwan started the proceedings by welcoming all the staff member, students and fellow Victorians. She then requested Past President Dr. J.N Gurtu to speak on the occasion. Dr Gurtu said that teaching and imparting knowledge was a very noble profession and he applauded the teachers for their services to our children

Four teachers namely Shimanti Das, Gayatri Dutta Debjani Banerjee and SK. Javed Ali were felicitated and honoured for their contribution as a teacher of Joyjeet Das Memorial school. The teachers were honoured with a certificate an Uttriyo and a gift. A total of four teachers were bestowed this honour. Rotarians present at the project were Dr. JN. Gurtu, Rakesh Macwan, Sarah Macwan, Sunita Agarwala, Vanita Dutt, B K Agarwal, Gaytree Dhar and Biswajeet Rana.

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On 5th September 2023 a project was held at Legal Aid Services to felicitate two of our Vocational School Teachers at 12.30 PM. Sarah Macwan started the proceedings by welcoming all the Rotarians and guest present which was followed by a short speech by Dr. Jai Nath Gupta. He said that he had been associated with the two recipients who were being honoured for a very long time. They imparted their knowledge and skills to a large number of students who have gone on to make a career on what they learnt from them. The recipients were Paramjeet Kaur Bhambra and Manpreet Kaur Bhambra. They were honoured with a certificate of appreciation, a silk stole and a gift.

Members and spouses who attended were Dr. J. N. Gurtu, Dr. Mrs

TODAY'S SPEAKER

Dr. Kakali Choudhury Radiation Oncologist

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Gordon R. McInally
RI President



Hiralal Yadav
District Governor



Arvind Agrawal
President



Vinita Dutt
Secretary



KK Jha
Treasurer



Chhanda Banerji
Editor

At Joyjeet.....

After the teachers were honoured it was time for the tiny tots to get their books and food packets. A total of 44 Children were given the books which were arranged for by Sarah Macwan. At the end Dr Gurtu said that this project has been going on at this school for over 20 years and it was initiated by him the year he was the President of the club. Thank you Victorians for attending and helping out to make this project a success.

- Reported by Rakesh Macwan



At Legal Aid.....



Kanchan Gurtu, Sunita Agarwala, Rakesh and Sarah Macwan and Biswajit Rana. Food packets were sponsored by Dr Jai and Kanchan Gurtu.

All Rotarians thanked Mr Biplab Kumar Sarkar who made all the arrangements at Legal Aid Service and has been doing and coordinating projects with RCCV. As a token of appreciation he was given a gift. Thank you Rotarians for attending, Sarah Macwan for organising and the Gurtu's for sponsoring the project.

- Reported by Rakesh Macwan



Blood Donation Camp and Health Checkup Camp

In the free medical health check up camp 118 patients availed of the Free testing of blood both Fasting and PP HB1Ac. Lipid Profile and uric acid tests were done. Lung Pulmonary test was also carried out. Test was done for checking foot neuropathy

Rotary Victoria was Co Host with Rotary Nabhadiganta who had organised a blood donation and health check up camp at Suvayan, 17 Sardar Sankar Road Kolkata 700029.

The camp started at 10 AM and ended at 3.30 PM. Past President Chhanda Banerjee PP Rakesh Macwan, PP Sarah Macwan PP KK Jha and our new member Biswajit Rana attended the project on Sunday 3rd September 2023.





and BMD for Osteoporosis. Free Doctors consultation was available. At the blood donation camp a total of 28 units of blood were collected for Thalasemia patients. Our own member Biswajit Rana donated blood and was awarded a Certificate of Appreciation. 21 people pledged their organs. Biswajit Rana pledged all his organs for the people in need.



Thyroid Awareness Seminar

2nd September 2023, Rotary Sadan



Rotary Club of Calcutta Charnock City organised a Thyroid and Thyroid Cancer Awareness seminar on 2 September 2023 at 6 pm at Rotary Sadan, where our club was one of the Co-Hosts. The awareness program was conducted by Dr. Dhritiman Maitra, a specialist on the matter. He explained to the audience, the causes, symptoms, treatment and preventive measures of the Thyroid Cancer in a very simple and

layman's language. He used Bengali as a means of communication to make every one understand clearly. He had brought in 8 Survivors of varied ages, who shared their experience to assuage the fear among the listeners. They all were felicitated at the venue with Uttariya, Flower bouquet, a Certificate and a nice Gift.

PDG Rajani Mukherjee and his spouse Ballari Mukherjee graced the seminar. PDG Rajani

Mukherjee in his address commended the organising club and all the host and co host clubs for this much required awareness program but also lamented for holding the program at City. He strongly suggested to hold the awareness camps at the RCCs and Villages, where these programs are much needed and not at some fancy AC halls. All the organisers agreed to his view and promised to hold multiple programs in the rural areas. The program ended with great fellowship over tea and light snacks.

- Reported by KK Jha

FAMILY NEWS



Hitesh Gurtu, son of Drs. Jai and Kanchan Gurtu an excellent golfer won several prizes at the annual Prize Distribution at Tollygunge Club on 3rd September 2023. Notably WINNER Tolly Silver Challenger Cup and Golfer of the year Runner Up 2022-23.

Victorians are so proud of you Hitesh. Keep it up.



Young **Sanjana Mitra**, grand daughter of Mukul and Sukla Mitra has published her FIRST book in English, titled "Time Is A He". Published by Norton Press, it is an exploration of the human experience in the face of loss, offering an exquisite tapestry of verse and prose. The book is available on Amazon.

Congratulations Sanjana. Our blessing & good wishes for you.

Dream Within



'The Incredible Impossible Dream Within'- A grand musical play inspired by the musical 'Mamma Mia', featuring songs by ABBA was staged by Pratt Memorial School at Kalamandir. Five shows were held from 23rd August to 25th August with packed halls for most of the shows. This was a fund raising event for the school, the profit from which would go towards projects on disadvantaged children. President Arvind Agrawal on behalf of the club organised a sponsorship of Rs. 50,000/- for the event. Several Victorians attended the programme on different days. Yours truly was there on 24th August evening and was bowled over by the excellent presentation and stage craft. The evening started with felicitation

of Shri Jawahar Sircar, a retired bureaucrat and now a Rajya Sabha M.P. and a young film director Suman Maitra. Thereafter the pre primary kids of the school set the stage alive with 3 delightful short dance medley accompanied by lilting songs, in striking colourful costumes - a prelude to the grand



musical. The young children stole every one's heart with their vivacious and carefree dancing. The main play was set on an island in Greece where a young girl brought up solely by her mother is set to get married. She pines for her long lost father and dreams that he would come and give her away at the altar. How her dream comes true and the family is reunited and all rejoice and celebrate together was the theme of the play. Creation of the island in Greece as a backdrop, wonderful rendition of songs such as "Don't Shut Me Down", "Take A Chance On Me", "Money Money Money" etc. and dances with lovely costumes and acting made it a memorable evening. Large number of students from all classes as well as a few teachers took part in the musical. One of them was Mrs. Priscilla Dawn Kerr, who is in charge of the Interact Club. Congratulations to all the teachers and students of Pratt Memorial School !!



NEW MEMBERS



Biswajit Rana and **Sohini Banerjee** inducted as new members.

GUEST SPEAKER



DR KAKALI CHOUDHURY is a Consultant in the Department of Radiation Oncology at HCG EKO Cancer Centre, Kolkata. She has an experience of over 8 years in her field of medicine and specializes

in Head Neck Cancer, Lung Mediastinal Tumors, Genitourinary Cancers, Lymphoma, Skin Tumors, Soft Tissue Sarcoma, Breast Cancer Treatment, Counselling, Dermatological Oncology, Gynecological Oncology, Gastrointestinal Oncology etc. She completed her MBBS and went on to pursue MD. Dr Kakali is appreciated by her peers and patients for her friendly nature and excellent skills. She is comfortable in both english and hindi languages and is available for hospital consultations at Credihealth.

Easy School Project



Fr. Joseph D'Souza, Principal, Mr. Ravi Shankar Pathak, Assistant Head Master who is also in charge of the school and Ms. Sujata Singh, Headmistress were honoured for their exemplary service to their profession. The Victorians were given a tour of the school after the programme. The school at present has 541 students, 15 teachers plus one supporting teacher. The children are taught computers from a very young age at their state of the art computer lab. The school runs from 4pm to 8pm and is worthy of our support.

– Reported by Rakesh Macwan

September being the Literacy month in Rotary calendar, RCC Victoria did a project at St. Lawrence Evening School on 8th September 2023 under the banner of Easy School - an initiative of Rotary District 3291. This school is for children who come from economically poor background and is run free of cost. At present they are running the school in English, Hindi and Bengali medium

from KG to Class VI. Rakesh Macwan, Sarah Macwan & Sunita Agarwala visited the school and distributed books that were donated by Rakesh and Sarah Macwan, pencil boxes with pouch containing pencil, rubber, sharpener and scale sponsored by the club and biscuit packets gifted by Sunita Agarwala. 44 children of Bengali medium section of class I were the beneficiaries.

INTERACTORS IN ACTION



Installation Ceremony

The seventh Installation meeting of P.B. Academic School was held at their school premises on Thursday 7th September 2023. Eight Victorians, namely DGE Dr. Krishnendu Gupta, Past Presidents B.K. Agarwal, Col. M.M. Burman, Rakesh Macwan, Sarah Macwan, Vinita Dutt, Gayatree Dhar and new member Biswajit Rana attended the programme. The principal and teacher co-ordinator, Ms. Sreyashi Dutta Roy welcomed the Victorians. The Interactors sang two songs on this occasion. Four Interactors were installed (RY 2023-24),

namely President, Vice President, Secretary and Treasurer. The club gave Rs.5000/- to the Interact Club for starting their projects. The Victorians were felicitated by an Uttariyo, potted plant and a box of sweets & snacks. On their query about possible projects,

suggestion was given about holding a thalassemia awareness camp and menstrual hygiene programme involving girls from adjacent slum area, which RCCV could help them with. The Interactors and teachers showed keen interest in both.



Words of Wisdom



Ms. Monalisa Roy, guest speaker at the meeting on Saturday 9th September 2023 shared her experiences, her journey in life with the members. Her desire

was to contribute to the society she said. An alumni of Gokhale Memorial School she was overjoyed to see senior Rotarian Dr. Shashi Prabha Rohatgi, who was her teacher and like a mother to her. Always passionate about films, she took it as a subject along with English and Bengali in St. Xavier's College. After her graduation she studied mass communication in Delhi and became a journalist. Her father, a full time congress worker in Delhi introduced her to well known personalities like Chandrababu Naidu, Ramkrishna Hegde who taught her how to take interviews. She has interviewed many celebrities like Vidya Balan, Shehnaz Hussain and others. She has always been thoroughly

earnest in her chosen profession where she spent 15 years. Demands of the job took a toll on her health which started deteriorating. So she joined a gym and was introduced to 'kick boxing' by a friend. In no time she excelled in the sport and won gold medals in National Championships in 2021 & 2022. She won a silver medal in 'Sword Movement' which she also learnt and mastered. Partha, her life partner has been a tremendous support in all her endeavors.

Monalisa Roy has imparted training to girls in self defense (Baghini) in Government Schools from December 2021. She has also learnt meditation which has helped her in her journey in life thus far. A movie buff, her dream came true when she got a part in a Bengali film starring Saswata Chatterjee and Rituparna Sen Gupta.

Monalisa Roy concluded by holding a short meditation session with soft soul stirring music which relaxed every one. Ms. Roy was introduced by President Arvind Agrawal, thanked by Biswajit Rana and presented with a memento by Julie Sen.



Ankhee Gupta, Are low moods a sign of depression? Do we deny ourselves the symptoms of depression? Once acknowledged, how do we deal with it? These were

some of the powerful questions asked by the Guest speaker to the spellbound audience !! One of Kolkata's leading counsellors, Ankhee Gupta had the floor for 30 minutes and she made the most of them. With a highly interactive method of discussion, she had the audience exploring their mood swings and how and why depression happens and how we can address the problem and come out of it. Acceptance of depression is 1st step to curing oneself of it. Sometimes people can recognise the symptoms but their non acceptance not only prolongs the depression but makes it more difficult to cure.

It is important to distinguish between sadness, anxiety and depression. All of us are subject to mood swings and have low moments or

low days but if the days become weeks and month, depressions kicks in. Anxiety is also natural and most of us deal with it on a daily or regular basis. Anxiety is useful as it spurs us into action but if the anxiety becomes excessive and morbid, it whirlpools us into the swamp of depression.

We have different ways of dealing with stress. Some of us listen to music, others have absorbing hobbies like photography, playing a musical instrument, others trek on mountains, go running/cycling on the roads, some like our new member, Biswajit Rana write poetry !! While it is important to know that anxiety or stress can be dealt with unique ways, it is crucial to admit that if these do not work, we must seek professional help. If the sufferer does not, it can lead to harming his relationships at home or work and in extreme cases even suicide causing irreparable harm to the family.

So, lets learn to deal with stress and try to make ourselves and those around us happier. Thank you Ankhee Gupta for an interesting and engaging session !!

Happy Birthday!



Vinita Dutt
9th September

Bal Krishna Agarwal
14th September

Sohini Banerjee
18th September

Sandeep Mukherjee
22nd September

Chhanda Banerji
25th September

Ravindra Tantia
29th September

Roopa Seth Mitra
6th October

Dr. Shashi Prabha Rohatgi and Chhanda Banerji, senior members and teachers felicitated on the occasion of Teacher's Day which was on 5th September.



8th Installation Ceremony Interact Club of Calcutta International School



On Monday, the 11th of September, 2023, the 8th Installation Ceremony of the Interact Club of Calcutta International School took place. The ceremony of handing over of the Charter, Gavel and Collar to young Tejas Bhardwaj as the President of the ICCIS for the Rotary Year 2023

- 24 and of Installing the New Board took place in the presence of the Senior Principal, Mrs Tina Sevaia, and the Career Counsellor, Mrs Sanjukta Poddar, and Rotarians from the Parent Club, namely PP Rakesh Macwan, PP Sunita Agarwal, PP Chhanda Banerji and Rtn Biswajit Rana. The Interact Badges were also pinned on some of the enthusiastic new members, who had joined the Interact Club.

Also present for the Investiture Ceremony were the Section Heads of CIS-teachers. Mr Surya Subha Banerjee and Mrs Debjani Sen, other members of Faculty. The New Board was wished all the very best by Mrs Tina Sevaia in her memorable speech in which she applauded the fine work done

the previous year by the Interactors under the leadership of Milind Pooviah. She mentioned how proud she was that they had won an Award from the District 3291 for Animal Welfare Rotarians from RCCV who were present for the Installation encouraged the New Board in their exceptionally focussed, motivational speeches, and wished them all the best for their tenure, highlighting the tenets of Interact PP Rakesh Macwan, officiating as Youth Service Director, emphasized in his words of wisdom that the hard work and projects the Interactors would do this year must also have the element of fun and enjoyment in them. The entire proceedings were conducted flawlessly by Mrs Chandrani Chatterjee, Teacher In Charge - ICCIS, and Mrs Juthika Mall of CIS. A sum of Rs 5000 from President Arvind Agarwal was handed over to ICCIS by PP Chhanda Banerji. After the official Ceremony was concluded, refreshments were served and a fine fellowship took place over tea and snacks.

Minutes of the 1330th Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 26th August 2023, at Hotel Hindusthan International at 12:30 pm

- President Arvind Agrawal called the 1330th meeting to order.
- National Anthem was led by Col. Burman and sung by all present.
- Minutes of the 1329th meeting were confirmed by Rtn Mukul Mitra seconded by Rtn Lata Bhatia.
- President invited Guest speaker Ms, Aankhee Gupta to the head table.
- **President's Announcements:**
 - ♦ President asked PP Gayatri Dhar to update the members on the project of Football match as well as Flag hoisting On 15th August at our RCC Brindakhali. She said that there were 2 matches played. First was for elderly men and the other was played between the 2 teams, Samilan Ekadash and Junior Academy. There was a proposal for restoration of a children's park from RCC Brindakhali. The matter would be taken up in the next Board Meeting
 - ♦ Trophies and Cash prizes sponsored by RCCV were given to the Winners and runners up teams.
 - ♦ President asked PP Rakesh Macwan to update on project of 100 Mosquito Nets which were distributed at RCC Kanthalberia by Rakesh and Sarah Macwan, which they updated
 - ♦ There was a Thalassaemia awareness project with our RCC Kanthalberia at Uttarpaddjala near Radha Gobind Mandir which was about 1/2km away from Kanthalberia.

- ♦ Dr. Hom Choudhary was the speaker and he advised that this disease was treatable but youngsters who want to get married must get blood test done to confirm if anyone was Thalassaemia positive. If it is so then the child born can be afflicted with Thalassaemia and the only treatment was blood transfusion which is very costly and such babies have a very short life. 100 villagers were present at the camp
- ♦ PP Rtn K.K. Jha informed that DGN Dr Krishnendu Gupta had a District Team 24-25 meeting where President Arvind Agrawal, PE Rajnish Mehta and PP KK Jha were present
- The main agenda was to discuss about:
 - i) Bhumika, Meet & Greet Team 2024-25 on 1st. October at Taj Bengal where Victoria will be the Lead host Club.
 - ii) Various points about his term as a DG
 - iii) The cost would be like 7.5-8 lakhs. President Arvind Agrawal offered to pay Rs, 1.5 lacs and hearing this many other Clubs also came forward to co host the program and the cost was fully funded. President Arvind suggested the name of this program as BHUMIKA. President informed that the 1.5L would be given by way of corporate sponsorship and would not be a burden either on the Club or himself.
 - ♦ For the computers upgradation required by the Ideal school for deaf Sunita is giving 1 computer and Rs 11000/ and Rs.10000/ will be from the fund

- given for E learning by Aandhi Shah
- ♦ Projects for September - PDG Mukul Sinha suggested to create Eazy schools were free books would be given to primary school children
- ♦ President announced that we have completed our target of taking new members for this Rotary Year 23-24
- ♦ PP B.K. Agarwal introduced Mr. Biswajit Rana, the member proposed by him. He was pinned by president Arvind Agrawal and given the new member kit. Mrs. Sohini Banerjee was introduced by Col. Burman and pinned by Sarah Macwan and given the new member kit.
- ♦ PP Sarah Macwan introduced the speaker Mrs. Aankhee Gupta who gave a very descriptive details on symptoms of Depression and the Cure and mentioned that persons between ages 60-90 mostly get into depression but younger ones are also prone to depression due to high stress in their lives. The Guest speaker was presented with a gift.
- ♦ The Vote of Thanks was given by Rakesh Macwan.
- Secretary's Announcements**
 - ♦ Next meeting would be held on 9th September, 2023 at HHI at 1230 hours.
 - ♦ There being no other business to conduct, the meeting was terminated at 2.30p.m.

Minutes of the 1331st Regular Meeting of Rotary Club of Calcutta Victoria held on Saturday, 9th September 2023, at Hotel Hindusthan International at 12:30 pm

■ President Arvind Agrawal called the 1331th meeting to order.

■ National Anthem was sung by all present.

■ Minutes of the 1330th meeting were proposed by Rtn B.K. Agarwal seconded by Rtn Sarah Macwan.

■ President invited Guest speaker Ms. Monalisa Roy to the head table.

■ President's Announcements:

♦ On 3rd September, RCC Victoria co-hosted Blood donation, Organ Donation and Health Checkup Camp was held at Suvayan besides Lake Mall with RC Nabadiganta. Members present were Rakesh Macwan, Sarah Macwan, Biswajit Rana, KK Jha, Chhanda Banerji. Rotarian Biswajit pledged to donate his entire body and was honoured for the same.

♦ Senior teachers of the Club, Shashi Prabha Rohatgi and Chhanda Banerji were felicitated on account of Teachers Day on 5th September.

♦ President asked PP Rakesh Macwan and Sarah Macwan to update the members on the recent projects of Teachers Day Felicitations at Joyjeet Memorial School and Legal Aid Society. Rakesh informed that 4 teachers at Joyjeet Memorial were felicitated on 5th September, Teachers day. They were given stoles. 44 books and food packets were given to students. Members present at Joyjeet Memorial School were Rakesh Macwan, Sarah Macwan, Jai Nath Gurtu, Sunita Agarwala, Biswajit Rana, Vinita Dutt, B.K. Agarwal, Gayatri Dhar.

♦ RCCV felicitated the vocational training teachers at Legal Aid Society. 2 teachers were felicitated with

stoles and gifts. Food packets were given sponsored by Dr. Jai Gurtu and Kanchan Gurtu. Members present at Legal Aid Society were Rakesh Macwan, Sarah Macwan, Biswajit Rana, Sunita Agarwala, Jai Nath Gurtu and Mrs. Kanchan Gurtu

♦ On 7th September, the 7th Installation Meeting of the Interact Club of Purushottam Bhagchandka Academic School was held at the school premises. Members present were Dr Krishnendu Gupta, Sarah Macwan, Rakesh Macwan, B.K. Agarwal, Vinita Dutt, Gayatri Dhar, Biswajit Rana, Col Burman

♦ On 8th September, at 4 p.m. Felicitations of 3 teachers. Fr. Joseph D'Souza, Principal, Mr. Ravi Shankar Pathak, Asst. Head Master, Ms. Sujata Singh, headmistress was done at St. Lawrence Night school. RCCV gave pencil boxes containing a pencil, eraser, sharpener and scale (sponsored by the Club), books (sponsored by Sarah and Rakesh) and biscuit packets (sponsored by Sunita Agarwala) to the children. Members present were Sunita Agarwala, Rakesh Macwan, Sarah Macwan

♦ Col. Burman has got sponsorship of INR 75000/- from PATTON for the Puja Parikrama for underprivileged children. Times of India has agreed to be part of the project. Flag off will be from St. Pauls Cathedral.

♦ 8th Installation Meeting of the Interact Club of CIS will be held on Monday 11th September, 2023. Members were asked to attend

♦ PP Mukul Mitra said that new member Biswajit Rana should be honoured for his noble gesture of donating his entire body for organ donation. Also a

special mention for Rakesh and Sarah Macwan for attending all the projects done in RY 23-24 thus far.

♦ President Arvind Agrawal introduced Guest Speaker Monalisa Roy. Monalisa spoke of her life journey as a kick boxer, journalist and kickboxing instructor for underprivileged girls. The session ended with few minutes of meditation accompanied by music which gave the audience a soothing experience. Biswajit Rana gave a formal vote of thanks. Julie Sen handed a memento of appreciation to Monalisa.

♦ Senior Rotarian Shashi Prabha Rohatgi was requested to plan for Joint Meetings with other Clubs and Goodwill visits.

♦ 2 Interact Clubs (St. John's Diocesan School and St. James School) were in the process of being re-chartered and meanwhile are allowed to carry on their activities till such time the new charter was received by the Clubs.

Secretary's Announcements

♦ Birthday Greetings were extended to Vinita Dutt for the 9th September, B.K. Agarwal for the 14th September, Sohini Banerjee for the 18th September and Sandeep Mukherjee for the 22nd September

♦ Next Meeting on 23rd September would be a sponsored meeting by a pharma company who will give 25000/- to the Club. The surplus funds after paying the Meeting expenses would be used for a Club Project. The Guest speaker will be a senior oncologist.

♦ There being no other business to conduct, the meeting was terminated at 2.30p.m.

Members present: 21 • Guests: 1 • Sunshine Collection: Rs.1400/-

